

Beef Taco Soup

Yield: 10 servings

Ingredients

1 lb. Ground beef, lean	1 cup Onion, diced
1 cup Bell pepper, diced	1 can Pinto beans, drained and rinsed (15.5 oz.)
1 can Hominy, drained and rinsed (15.5 oz.)	1 can Cream corn (14.75 oz)
1 can Tomatoes, diced, drained and rinsed (15.5 oz)	1 can Green chiles, diced (4.5 oz.)
1 teaspoon Chili powder	1 teaspoon Cumin powder
½ teaspoon Red pepper flakes (optional)	2 ½ teaspoons Ranch dressing mix (optional)
2 cups Water	Sour cream, low-fat, or fat-free (optional)
Cheddar cheese, shredded, reduced-fat (optional)	

Directions

1. In a large skillet, brown ground beef. Drain excess fat and return to skillet.
2. Add onion, bell pepper, chili powder, cumin powder, and ½ cup water. Cook until combined and onions are softened
3. In a slow cooker, add the beef mixture, pinto beans, hominy, cream corn, tomatoes, green chiles, and remaining water. If wanted, add red pepper flakes and ranch dressing mix. Stir together and cover.
4. Cook on high until soup simmers
5. Keep warm on low setting. If wanted, serve with a dollop of sour cream and a sprinkle of cheese

Nutrition Facts per serving

220 calories, 4 g fat, 35 mg cholesterol, 550 mg sodium, 28 g carbohydrates, 3 g fiber, 18 g protein

